



PARTICIPANT WAIVER – Outdoor Fitness @ the Flour Mill

Hosted by the Little B.I.G. Foundation

Welcome to Outdoor Fitness @ the Flour Mill! This free class is proudly sponsored by the Little B.I.G. Foundation as part of our mission to advance mental health and reduce social isolation through movement, connection, and shared community experiences.

Before participating, please read and acknowledge the following:

1. Health & Physical Readiness

By attending this session, I confirm that I am physically fit and capable of participating in light-to-moderate physical activity. I understand that it is my responsibility to monitor my own health and safety, and I agree to take rest breaks or request modifications as needed to suit my individual needs.

2. Assumption of Risk & Release of Liability

I understand that participation in outdoor fitness involves some inherent risks, including injury. I voluntarily choose to participate and agree to assume all risks associated with this activity. I hereby release and hold harmless the Little B.I.G. Foundation, its trainers, volunteers, partners, and affiliates from any and all liability, claims, or causes of action arising out of or in connection with my participation in this class.

3. Program Purpose

I acknowledge that this class is a community wellbeing initiative, and I understand that its purpose is to support mental health and foster social connection. I agree to participate in a way that is respectful of others and aligned with the spirit of community and inclusion.

4. Photo & Media Release

I understand that photos or short videos may be taken during the class for the purpose of community reporting, storytelling, or marketing. If I do not wish to be photographed, I will notify the trainer prior to the session.

5. Participation Requirements

- I will bring my own water, towel and/or yoga mat.
- I understand that this is a no-music class out of respect for nearby residents. I agree to keep noise to a minimum.
- I will sign in using the QR code provided at each session to ensure I am covered by insurance and to assist with attendance reporting. I understand that I cannot participate unless I have signed in.

For further information on how your personal information is used, please refer to our [Privacy Policy](https://littlebigfoundation.org/wp-content/uploads/2022/08/LBF-Privacy-Policy-Jul22.pdf) - <https://littlebigfoundation.org/wp-content/uploads/2022/08/LBF-Privacy-Policy-Jul22.pdf>

By signing in at the session, you agree to the above terms. We're so glad you're here – now let's move, connect, and enjoy the outdoors together!

